

Second Sole



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welcome to 2ndsole.com

second sole rocky river has been serving the running and walking community of greater cleveland for over 10 years. we are located in rocky river, ohio on detroit ave. near the north entrance of the cleveland metroparks rocky river reservation.

we specialize in running specialty shoes, apparel, and accessories, carrying the highest quality products and brands on the market. we pride ourselves on our vast selection of brands, sizes, widths, and specialty items, as well as our expertise in helping you hit the road, happy and healthy whether you're an old veteran or a newbie to the sport. [click here to read more.](#)

facebook

2nd sole rocky river is now on facebook. 'become a fan' of 2nd sole rocky river and receive updates, news, and special deals via facebook. [click here.](#)



weather



[twitter](#) Join the conversation

latest arrivals

great package for triathletes and runners, tons of features, a great christmas for the enthusiast - come see for yourself.

the timex ironman global trainer bodylink system with integrated sirfstar III gps technology measures pace, speed, distance and more in real-time, allowing athletes to measure, review and advance their performance. customizable displays show up to four windows of information, and advanced online training log software analyzes uploaded data across several dimensions. The water-resistant case and long-lasting rechargeable battery prove this is the only gps-enabled watch worthy of the timex ironman name.



new 'the road less traveled' tees:

The Road Less Traveled



stop in today and pick up your 26.2 or 13.1 'the road less traveled' printed tees. shirts feature an original design to show your passion for the marathon & 1/2-marathon distances.



men's and women's styles available!

training group

SECOND SOLE Running Group

we service various local groups, schools, and clubs with all their competitive and recreational needs. we also have our own in-store training group which offers coaching services, as well as social running events for all ability levels. [click here to learn more about the training group.](#)

group runs

for a more detailed monthly schedule, area group runs and locations, directions, etc - [click here](#) or visit the [training group](#) section.

tues: 6:30pm @ rocky river high school

thurs: 6:30pm @ second sole rocky river

newsletter

[click here](#) to join the 2nd sole newsletter which will feature store news, new product announcements, store specials, race information, training information, special event notices, and much more.



upcoming races

10.02.10 - [Nature's Bin 5k](#)
10.03.10 - [Avon Lake Sports Hall of Fame 5k](#)
10.09.10 - [Berea Monster Mutt Dash 5k](#)
10.10.10 - [Towpath Marathon, Half-marathon, & 10k](#)
10.16.10 - [MidTown Cleveland HealthLine Classic 10k & 5k](#)
10.17.10 - [Columbus Marathon & Half-marathon](#)
10.17.10 - [Rocky River Spirit Run 5k](#)

10.24.10 - [Run for your Bones 5k](#)
10.24.10 - [Inland Trail Marathon/Half-marathon & 5k](#)
10.30.10 - [Halloween Bench-Bar Run for Justice 5 miler & 5k](#)
11.06.10 - [WestHaven Run for Shelter 5k](#)
11.07.10 - [Lake Hospital System Autumn Leaves 5 miler](#)
11.21.10 - [CWRRC Fall Classic Half-marathon & 5k](#)
complete 2010 calendar - [click here](#)

2nd sole training log - running2win.com

visit [running2win.com](#) and sign up for your free online training log. And while your at it, be sure to join the second sole rocky river team and see what everyone else is up to with their training. [running2win.com](#) is the best online training website out there... a very useful tool, and as noted, completely free!

running2win.com

spin / second sole multisport team



the mission of the spin/second sole multisport team is to support local, regional, and national caliber athletes while promoting multisport racing and the grassroots spirit of camaraderie and wellness that the sport represents. [team website - click here.](#)

contact / hours

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sun 12p-4p

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